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Winona State University, "The Winonan" (2011). *The Winonan - 2010s*. 89.

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WINONAN

Wednesday, Nov. 9, 2011

Volume 90 Issue 10

Skillet comes to Winona State University



Jooah Lee/Winonan

Erin Seaberg
Winonan

The college Christian organization, Pulse, joined with Christian rock bands Skillet, Disciple, Manafest and We As Human for a concert hosted by

Winona State University last Thursday.

The main target was the Winona State student body, making tickets to students free because of donations from local churches, organizations and students, who raised \$5,000

alone. Thanks to the easy access to entrance, the turnout was an impressive 1,818 in the audience, in addition to the 330 volunteers who made it all possible.

Jenn Porter, the public relations and campus

coordinator for Pulse, said, "It has been cool being in Winona because the people here really wanted us to be here. The students really worked together to make this happen."

We As Human, was the opening band for the concert.

They have had two radio hits in the United Kingdom and are gaining popularity in the United States.

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CONCERT

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The second band in the lineup was Manafest. This band differed from the others in that they incorporate hip-hop into their predominately rock sound.

We As Human, was the opening band for the concert. They have had two radio hits in the United Kingdom and are gaining popularity in the United States.

The second band in the lineup was Manafest. This band differed from the others in that they incorporate hip-hop into their predominately rock sound. Canadian front man, Chris Greenwood, got the

crowd moving to his fast paced rap-like lyrics, which were backed up by more traditional rock music.

Disciple, the third band of the evening, started off their set with up-beat Irish sounding music. They had the crowd jumping to their newest radio hit, "Remedy". They encouraged the crowd to sing along as they filmed a video to upload to their Facebook page.

The headliner, Skillet, took the stage toward the end of the evening. They began with a masked violin and cello duet, which led up to the revealing of a larger stage. When the

original backdrop gave way, Skillet was revealed and the crowd cheered loudly. They had the most advanced set and lighting of the evening.

Andrew Tindal, a student at Winona State, said, "Overall it was one of the best concerts that I have seen on campus, the bands put on an awesome show.

The night also featured multiple videos, which were projected onto two large screens on each side of the stage. The videos corresponded with the message from speaker Nick Hall, who started the idea for Pulse in 2005. In the message, Hall spoke of the

Bible and related it to modern cultural and personal struggles. He also gave a message of hope and invited the crowd to join him in prayer.

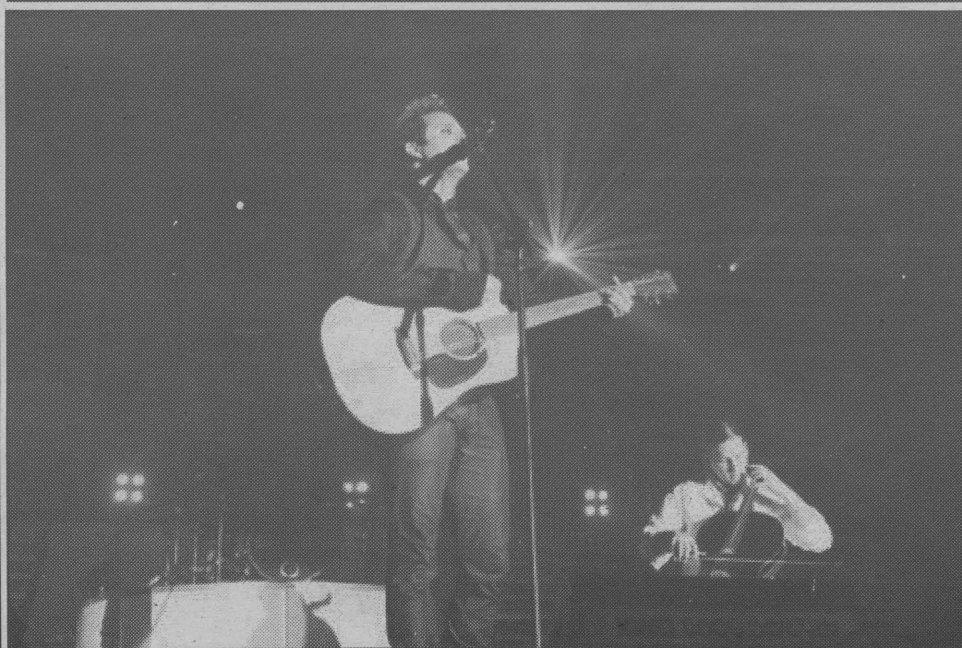
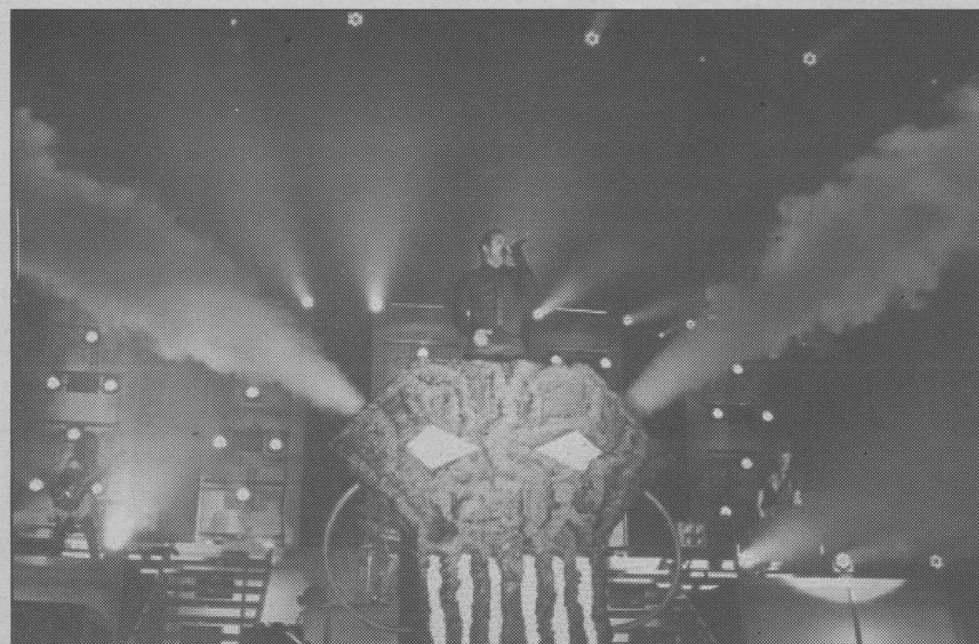
Prizes, which included an iPod Touch, iPad and a MacBook Pro, were given out throughout the night. The iPod Touch was given to the winner of a dance contest who had to win the crowd over with their best dance moves. The winner was Pat Manansal who is a member of the Hypnosis hip-hop team.

Pulse will be back on the Winona State campus on December 8 as part of their

Christmas tour. Musicians Sarah Groves, Dave Lubben and Leeland will play as part of this event. It will be hosted in Somsen auditorium at 7 p.m. and tickets will be free.

Porter said, "The first event was meant to be by students for students. This second event is meant to link the community with the campus in a positive way."

Contact Erin at ESeaberg06@winona.edu



Lunchtime alternatives introduced at local elementary school

Melissa Edel
Winonan

Two students from Winona State University are helping integrate healthy foods into school lunches as part of their studies.

Lyn Halvorson, school nutrition director for Winona Public Schools, wanted to add new things to the school menu. She said she wanted children to be exposed to new healthy foods such as fruits and vegetables.

Aimie Heinz, health and exercise science practicum student, said she and classmate Amber Werre were in a program planning class and

their assignment was to design a taste testing program for children. She said they were to come up with a name, logo and motto.

Heinz and Werre came up with Tasty Tuesday. Werre said she and Heinz were asked if they wanted to further implement this assignment and test their taste-testing program in an elementary school. They both agreed.

"As we created it, it became more interesting and exciting to see what the kids knew and didn't know about fruits and vegetables," Heinz said.

Werre said this program is being piloted at Washington-Kosciusko Elementary School.

She said it is aimed for kindergarten through fourth grade students.

Werre said Tasty Tuesday started two months ago in September and will go until December. It will start up again second semester.

Werre said Halvorson determines the foods. She said Halvorson noticed there were certain fruits and vegetables the kids were not taking, so she made a list of certain healthy foods for the kids to try.

Werre said last month they presented the kids with calico beans, which was a mixture of different beans. Heinz said she is most looking forward to presenting the Italian blend

next month.

Werre said Tasty Tuesday takes place one Tuesday a month. If the kids try the new healthy food, they get a star. The following week that same healthy food item gets presented in the school menu. If the student tries the new healthy food, they get a bookmark.

The healthy food is served in small portions in plastic cups. At the end of lunchtime, the students place their cups in either a "Yum" or "Yuck" bag.

Heinz said that 210 out of 215 students tried the new and healthy food last month.

Werre said, "I was really surprised by how many kids

liked it and it was great to see the reactions from the kids."

"It is a big passion of mine to help kids eat healthier," Werre said. "I love this program."

Halvorson said she hopes the kids will develop good lifelong eating habits and that they make good healthy eating choices.

Halvorson said she hopes to expand this program so that it is district-wide with every new product.

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Reading series hosts author Ann Pancake

Kristi LaFollette
Winonan

"In times like these, you have to grow big enough inside to hold both the loss and the hope," wrote author Ann Pancake.

As part of the Great River Reading Series, award-winning Pancake cracked open her novel "Strange as this Weather Has Been," and read excerpts speaking to both the loss and hope shaping the lives of Appalachians.

Through her reading and discussion, she invited Winona State University students and faculty to consider the high price of mountaintop removal mining.

Winona State student Jenna Quant said, "I think the novel shows how mountaintop removal affects people in very negative ways, and I don't think we are able to see outside of our communities enough."

This increasingly popular method of mining, which Winona State students explored through film last week, involves the removal of a mountain summit to allow for

easier access to coal seams.

For Pancake, the matter is personal. As a native to the Appalachian region, she felt a tug towards the land and people. Though she had no intention of writing a novel, through researching and conducting interviews for a documentary, this tug only became stronger.

Pancake said, "We met a family who moved me so much I started hearing the voices in my head of some of the characters in this novel."

A West Virginian watching the destruction of the landscape so central to his sense of place may seem far removed from the daily grind of the average college student, but English professor and native Appalachian April Herndon offered a different perspective.

Considering that fact that over fifty percent of energy comes from coal, she said, "When those lights come on, someone's going underground or blasting a mountain top. We have a responsibility to understand no matter how distant it seems."

The environmental impact of leveling mountain tops is clear:

flooding, fragmentation of forests, casing of streams, and addition of minerals that lead to a drop in biodiversity, to name just a few.

Herndon pointed out that this is particularly alarming considering the fact that next to the tropical rainforest, the Appalachian region is the second most biologically diverse region in the world.

In part, Pancake's novel is a response to the destruction she has witnessed, but her conservation activism goes well beyond purely environmental sustainability.

Pancake has constructed characters that speak to the human problem of environmental devastation as well. Discussing her favorite passage in the novel, Herndon mentioned Mogey, a character with an intriguing peculiarity: He literally feels the trees and animals, to the extent that he deteriorates physically right along with his home.

Pancake wrote that for Mogey, the mountains are church; a walk in the woods, a prayer.

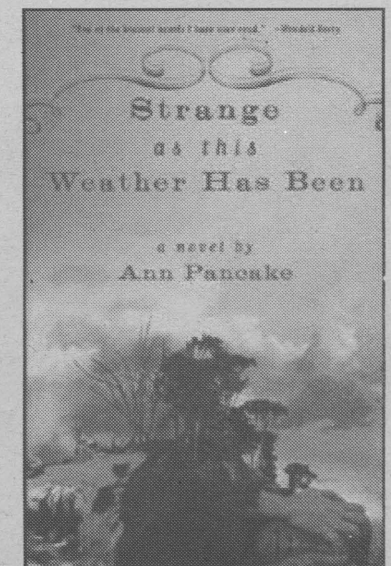
Mogey says, "When I'd first

walk into the woods, I'd say to myself, 'Look here what God's give us.' But just about as fast as I could have that thought, this second one would come from deeper: 'This is God.' And then, from under that thought, from deeper yet, another thought would come, saying, 'I go here. This is where I go. And last of all, the most certain thought, but also the most dangerous: 'This is me. This, all this, is me.'"

By tunneling into the heart and mind of characters like Mogey, Pancake compels readers to see beyond the matters of trees and rocks into the disappearance of cultural traditions and the erosion of community.

Revealed throughout Pancake's novel is the reality that, in an area of such rich natural resources as well as crippling poverty, mining to a make a living collides with the desire to sustain a habitat and the heritage to which it is bound.

Herndon explained that, with their strong connections to Appalachia, Pancake's characters strike the heart of



www.shabbyrabbit.com

this year's university-wide theme, "Home and Place," while creating awareness for an issue within the topic of environmental sustainability.

Speaking of her home in West Virginia, Herndon said, "I feel an ache in my bones just thinking of it. Pancake has captured this feeling more vividly than anyone could have imagined."

Contact Kristi at
KLafollette09@winona.edu

Fair Trade Sale supports global development

Karin Chandler
Winonan

The Ten Thousand Villages Fair Trade Sale, which came to the Winona State University campus last week, featured crafts from 30-40 developing countries around the world.

Students and staff alike thought the Ten Thousand Villages Sale was a good way to get the word out about fair trade. The sale received around a hundred visitors.

Many people aren't receiving fair wages for their work all over the world. Some can't provide for their families or send their children to school. The Ten Thousand Villages is a nonprofit charitable organization, and their mission is to provide fair trade and wages for these people.

This whole idea got started eight years ago, when one of Winona State professor Linda D'Amico's students wanted to

do something when she learned about the unfair wages.

D'Amico had just been to a conference and had learned about fair trade sales at one of the booths. So, both student and professor learned more about the sale, and then they organized and put the whole thing together. D'Amico said, "This ensures people have fair wage and gives cash to send kids to school and invest in business. We show how your money makes a difference."

Students from the introductory global studies class put on the fair trade sale last week. Students created five to six committees to help prepare for this event. The committees included advertising, display, volunteer, outreach, and packing.

By participating within their committees, students learned a variety of skills including a resume building activity by organizing this event.

Claire Lippe, a student and one of the co-directors, said, "We are learning about global justice and disparity. All the students have to be involved somehow."

From jewelry to sculptures, ornaments and other holiday decorations, as well as simple household items, there was a variety of crafts from a wide range of countries. Each craft was handmade from natural, sustainable, and recycled materials.

Since the sale promotes fair wages, people can provide for their families and sustain their livelihoods. Lippe said, "By buying something, you are helping participate in that movement."

Fair trade ensures that people receive a fair wage for their work and have some measure of job security.

"Everyone wants to be treated with dignity," D'Amico said.

Even though most of the crafts at the sale were what some would think 'expensive,' the prices aren't in the long run. D'Amico said, "We like cheap prices but there are consequences."

Some students on the outreach committee have talked to classes about fair trade and the sale. This event is also part of the students' "what it means to be a global citizen" project.

D'Amico is very proud of her students and all their hard work to make this event happen. D'Amico said, "I am very proud of my students and their willingness to do this."

The global studies class will get to keep ten percent of everything they sell. The class is thinking about giving half of their ten percent to a training program for park rangers, and thinking about donating the other half to the children in Somalia through a program like UNICEF.

Students found the crafts to be unique and well-made and enjoyed knowing that the artisans are receiving fair wages for their hard work.

Christina Trovinger, a student, said, "I loved being able to buy unique handcrafts made with so much care and detail. It is also great to know that artisans are able to sell their goods in a fair trade market. It's a win-win situation. I hope to see this event again on campus next year."

The sale was held in the Student Activities Center, in Kryzsko Commons, from 11 a.m. to 6 p.m. on Thursday and Friday, and from 9 a.m. to 12 p.m. on Saturday.

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Joseph Lee/Winonan

Film festival seeks additional funding from Student Senate

Marcie Ratliff
Winonan

More than 1,200 Winona State University students took advantage of free tickets to last year's Frozen River Film Festival, the festival director said at a Winona State Student Senate meeting Wednesday.

Crystal Hegge, director of the Frozen River Film Festival, requested an additional \$1,000 to cover the increase in student involvement.

"We want to have as many students as possible," she said.

In past years, the January film festival has sought—and received—\$5,000 from the Student Senate. The additional money will help cover increased expenses and make up for lost revenue when students receive free tickets.

"We seek a \$6,000 donation to allow students to come free again," Hegge said.

For 2012, the Frozen River Film Festival features a lineup of more than 40 documentaries and musical performances, Hegge said.

As it has in previous years, the festival this year is partnering with faculty and the university theme of "Home and Place" for the 2011-2012 school year.

An unlimited access pass to the festival costs \$40, so the film festival donates close to \$50,000 of value for 1,200 student passes, Hegge said.

"With \$6,000, it makes it a little easier on our end," Hegge said.

The extra \$1,000 would help pay for the 30-40 percent increase in student attendance since the festival first began and partnered with Winona

"This was one of the first things I ever attended at WSU."

Sen. Eric Smith

State in 2005.

Senators were supportive of the motion.

"This was one of the first things I ever attended at WSU," said Sen. Eric Smith. "It's phenomenally successful and getting more and more popular by the year."

The motion, due to its financial nature, was tabled until the following week's senate meeting.

Connie Gores, vice president for student life and development at Winona State, is a member of the Frozen River Film Festival screening committee. She urged the Senate to approve the motion.

"I've seen a lot of the films," she said. "There's some really good ones."

Students interested in the film festival can visit the office at 79 E. Third St. during the month of January or go to www.frff.org for more information about individual films and musicians. The festival will take place Jan. 25-29, 2012.

Contact Marcie at
MRatliff09@winona.edu



Marcie Ratliff/Winonan

Tickets from the film festival last year were used to create a mural on the windows in the Science Laboratory Center atrium.

Write for the Winonan.

Contact Erin at ECochran08@winona.edu to apply.

Spotlight: gearing up for registration



Jooah Lee/Winonan

Helen Meyers
Winonan

Next Monday Winona State University students will begin registering for classes, the familiar process of counting down the seconds until the registration window opens and hoping someone else doesn't snag the last seat in that absolutely necessary course.

Students who have been around for a while may have their registration ritual down pat—courses ready in the course cart, access code pre-entered, cell phone alarm set to remind them of their window opening—but first year or new transfer students who haven't yet mastered the registration system may be slightly confused. Darcie Mueller of Winona State's Advising

Services provided some tips to help the registration process go as smoothly as possible:

- Take advantage of the advising period (November 1st-14th) to meet with your adviser and ask any questions that you may have.
- Write your questions down beforehand so you don't forget anything important.
- Approach the situation professionally, be prepared for your meeting with your advisor as you would be for a job interview.
- Know when your registration window opens. What window you get to register in is based on number of credits earned.
- Once you have figured out what courses you will be taking for spring semester, put them in your course cart so that

once your window opens you can easily register for them.

Mueller stressed the importance of being prepared. Taking time to be prepared before the registration window opens will make the registration process easier and less stressful.

"Realistic and fair expectations are important," said Mueller. "There are some courses that fill up very quickly, have limited seating, and are very popular."

Since registration priority is done by credits earned, students with less credits may not always be able to achieve the ideal schedule. It is important to keep this in mind when registering, because unrealistic expectations of the "perfect" schedule may lead to disappointment.

There are options for students

who are interested in classes that have already reached their capacity. The first of these options is to join the waiting list for the course using the registration system. If a seat becomes available in the course and you are the first student of the waitlist you will have a 24 hour window to register for the class.

The second option when dealing with closed courses is to try to "blue card" into the class. "Blue carding" means that you obtain instructor permission to be added into a closed section of a course. Permission forms be picked up at the Warrior Hub in Maxwell and returned to the same location or to the Student Resource Center in Kryzsko Commons.

Although registration can seem like a headache, if

students take proactive steps beforehand they can make the situation work in their favor. It is important to meet with an adviser before registration begins to plan out courses as well as obtain your access code.

Other strategies that can make registration run more smoothly include moving possible courses to the course cart before the registration window opens and having a backup plan.

Students who have questions about registration may want to schedule additional time with their adviser or schedule an appointment with Advising Services, located in Maxwell Hall on the third floor.

Contact Helen at
HMeyers08@winona.edu

What's Happening Around Winona State...

Wednesday 11/09	Jobs in Education Time: 8 p.m. Place: Gildemeister 156 Contact: Jessica Bomstad JBomstad07@winona.edu	Athenaeum: Boom, Pop, Modernity Time: 1 p.m. Place: Library - 2nd Floor Contact: Allison Quam AQuam@winona.edu	CLASP: Dakota Genocide Time: 7:00 p.m. Place: Miller Auditorium -Stark Contact: Gretchen Cohenour GCohenour@winona.edu
Thursday 11/10	Spring Athenaeum Proposals Due Place: Library 132 Contact: Allison Quam AQuam@winona.edu	Last day to withdraw from fall 2011 classes!	
Friday 11/11	Veterans Day! No classes. Offices closed.	Volleyball vs. MSU Moorhead Time: 7 p.m. Place: McCown Gymnasium Contact: Grant Wall GWall@winona.edu	Honor Jazz Festival Time: 7:30 p.m. Place: Performing Arts Center Auditorium Contact: Marybeth Lenhardt MLenhardt@winona.edu
Saturday 11/12	Volleyball vs. U of M Crookston Time: 4 p.m. Place: McCown Gymnasium Contact: Grant Wall GWall@winona.edu	JazzMN Orchestra Concert Time: 7:30 p.m. Place: Performing Arts Center Auditorium Contact: Kathy Peterson KPeterson@winona.edu	Sunday 11/12 Swan Watch Bus Tour Time: 9 a.m. - 3 p.m. Contact: Vicki English VEnglish@winona.edu
Monday 11/14	Registration for Spring 2012 Begins	WELL Cafe Time: 4 p.m. Place: IWC 143 Contact: Erica Thibodeaux ETHibodeaux@winona.edu	Check out the WSU Ride Board on Facebook!
Tuesday 11/15	String Ensemble Time: 7:30 p.m. Place: Performing Arts Center Recital Hall Contact: Marybeth Lenhardt MLenhardt@winona.edu	CLASP: John Echohawk Time: 7:00 p.m. Place: Miller Auditorium -Stark Contact: Gretchen Cohenour GCohenour@winona.edu	Free STI Testing Time: 1 p.m. - 4 p.m. Place: IWC 122 Contact: Erica Thibodeaux ETHibodeaux@winona.edu

Roses are red, violets are blue...make out with me

Molly Barrett
Winonan

Before you've ever kissed someone, it's one of the biggest mysteries. You wonder about it almost as much as some girls wonder about their wedding, or even less extreme than that, who their next boyfriend will be. Before you've kissed anyone, you wonder about who it will be with, where you'll be, what it will be like, how magical it will be. Just like I don't know anyone who was assigned a random roommate and had them turn into their best friend, I don't know anyone with an amazing first kiss story. My best friend had hers in a photo booth in 6th grade at Skateville. (We thought it was badass to bring our own rollerblades and have our parents let us run loose on a skating rink until 10 p.m. on Friday nights). Others have had it happen and had to learn about it second-hand from family members, as it was with the neighbor boy before they were old enough to know better. For whatever reason, I always thought my first kiss would be with someone named Scott (I've considered finding out

the reasoning in this through psychological counseling or hypnosis. I have never, to this day, met a boy named Scott. Nor did I ever watch movies as a child where there was a guy by this name. God only knows where I came up with this idea). Mine was as unimaginative as they come. It was in 7th grade, at a bonfire, in a game of truth-or-dare, with a guy I had known since I was 7 years old but had only talked to twice. I remember closing my eyes and hoping for the best, and before I knew it, it was over. I wouldn't kiss anyone again for almost five years.

All throughout high school, I was fascinated by the couples who kissed in the hallways. I never understood why we call it "making out". Is it because we're making out whether or not we can stand to be so intimate with someone, to literally have their mouths on ours like we're trying to consume a part of their soul? It got me thinking, what the hell is the big deal about kissing, anyway? You wouldn't go up to a stranger you're pressed next to in a stairwell and kiss them, yet we think nothing of brushing our arms against their arm, leg,

and let's be honest, sometimes their ass, by accident. Yet when we press our lips to someone else's, it's a huge deal. Well, maybe not so much any more. I guess I'm just a late bloomer. I went to a Catholic elementary and middle school where I didn't even know that people had sex before marriage until I advanced to high school (no joke).

In a way, every time you kiss someone new, it's like your first kiss. There's the moment of anticipation where you're waiting to feel something like you've heard about in the movies. There's sometimes the awkward side to side head move that reminds me of when you do it with someone else walking in the hallway (my own personal record is three tries for a kiss, but six tries for walking past someone, at which point I just gave up and plowed right through). It could end up being completely amazing and lasting for a few hours, or it could completely suck and be over, just like that. Yet both are considered a kiss. Both go on our internal lists that we all keep (and you know you do). There are so many things that could happen by pressing your

lips to someone else's, and there's no way to find out until you just go ahead and do it.

There's the hate kiss, where you're so mad all you want to do is shut them up, any way you know how. There's the awkward kiss when it's one of your best friends and you're not really sure how or if this will change things. There's the drunken kiss with your best girl friends, usually done accidentally in front of a group of guys who assume you have now turned into lesbian slaves who will make out and grope each other on command. There's the kiss you've waited forever for, with the boy you have the biggest crush on. It's the one that you scream like schoolgirls about with your friends, because you finally felt those butterflies and fireworks you've been hearing about your whole life. There's the kiss outside when it's raining (I haven't quite mastered this one yet); there's the kiss on the beach when it's summer and you have a beer in hand and the world just seems perfect.

It's almost like the period at the end of a sentence, or an "I love you" without the pressure of saying it. It's

something to round off and end what you're feeling, right then. Without hesitation, apprehension or consequence (usually). As an extremely affectionate person myself; it's hard for me to go a long time without kissing anyone, jokingly or not. There's just something comforting about being that close to someone.

So however many people you've kissed, or if it hasn't even happened yet, just remember that the mystery is like all things in life: just that, a mystery, until it's solved. To quote "Into the Wild", happiness [is] only true when shared. So share the happiness and kiss a lot of frogs before you find your prince (or princess). There are infinite possibilities for chemistry and those fireworks. It's just up to you to find them.

Contact Molly at
MBarrett08@winona.edu

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Have something that you're just dying to get out?

Got beef with the Winonan?

-You could see it here-

Email Erin Cochran at ECochran08@winona.edu

Being able to be your true self in college

Erin Cochran
Winonan

Growing up in Lakeville, Minn, a southern suburb of the cities, I had it pretty good. We lived in a great neighborhood. There were always other kids around to play outside with and together we had the greatest selection of N64 games known to man.

I have some great memories of elementary school and ones I would like to suppress too.

Around third grade I started to get a little chubby. It wasn't due to a lack of exercise or eating poorly, I danced almost every single day of the week and I was always outside. It was just due to growing and genetics I guess.

Well, as expected, growing up a little chubby in elementary school in a town where so many people were privileged definitely had its challenges. I can recall a girl who I envied more than anything. She was athletic and could run the mile up in the pack with all the boys, she had flowing long blonde hair while my hair magically changed from

blonde to brunette around this time and almost every week she had new Lisa Frank school supplies. She had everything.

I have never ever been a shy person, whatsoever. My mom used to always tell me that from the time I could talk I would have conversations with just about anyone who would stand to listen to me.

I had to be called over the Target loudspeaker countless times because I would always wander off and end up in deep conversations with people about my affinity for Barbies and Nascar trucks. Thinking about it, it's a miracle I was never abducted, but I digress.

Anyway, being made fun of created a huge discrepancy in my life. From being able to talk to anyone, I was now scared to talk to anyone for fear of being teased.

Unfortunately, this stayed with me up until ninth grade. Junior high was a completely different story. I only had one friend for those two horrible years. Sophie and I would literally walk up and down the hallways in the morning before classes and once the

bell rang, that horrible walk to my "team" side was my dread of the morning. We weren't on the same "team" so I was alone up until the bell rang. Wow, I sound so pathetic.

In seventh grade I joined competition cheerleading in hopes to make more friends and to be involved in something other than dance. I loved cheerleading more than anything because it was a way for my true personality to shine through.

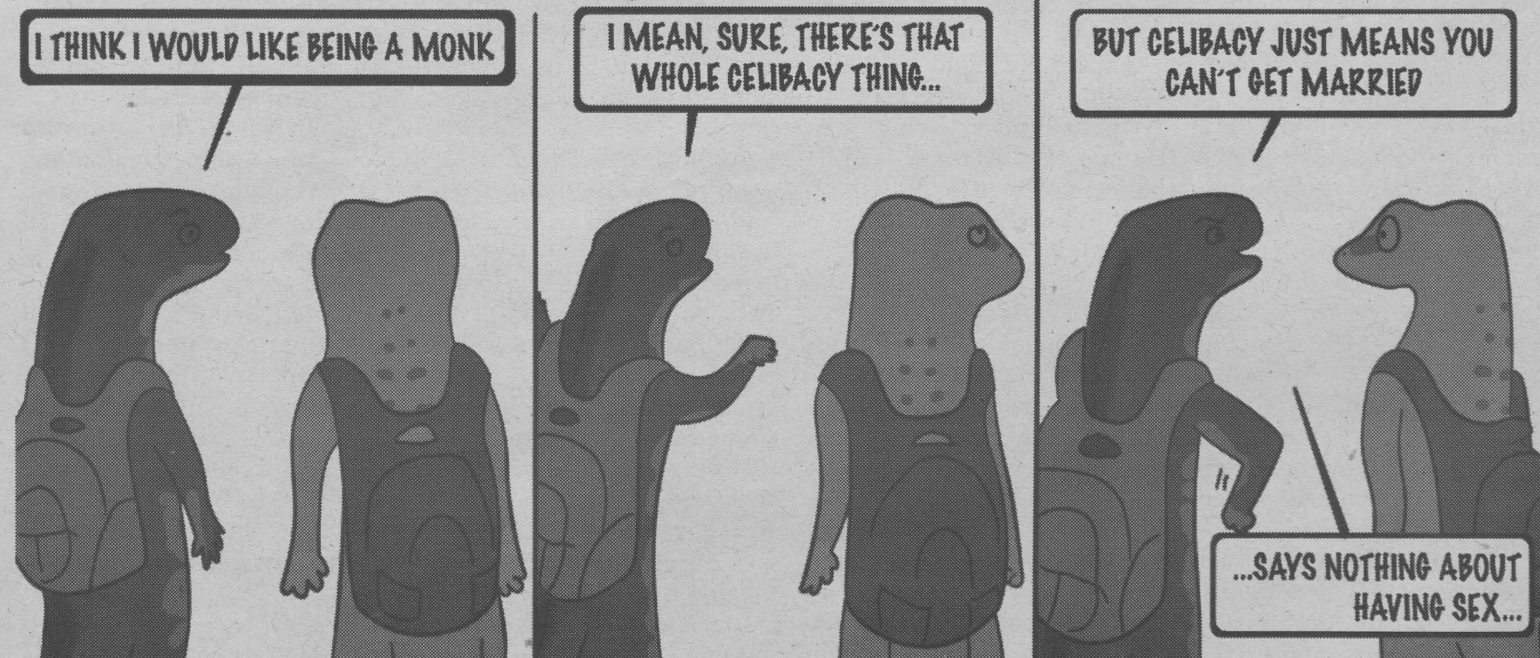
It was in high school, that being involved in cheerleading really helped me come out of my shell. I had a huge group of friends from the team and I finally felt like I was hypothetically shedding all those pounds of insecurity that was weighing me down all those years.

Now that I'm in college, I'm 100 percent my true self. I'm involved in lots of clubs on campus, I'm the editor-in-chief of this paper and I love all the friendships I've made thus far. I even competed in the Miss Lakeville pageant and was crowned Princess and then Miss Winona, which

I was crowned last year and even competed in the Miss Minnesota pageant this past summer. If someone who came from the hallowing self-doubt and self-consciousness I went through growing up and was on stage in front of hundreds of people in a bathing suit, anyone can do it.

Though I am in a great place now, I will never forget the torment that I went through to get to where I am. It hurts me so much to see young girls who are going through what I did. Being a dance teacher, there were two girls who I just loved with all my heart because they reminded me so much of who I was. Every day wanted to tell them that it gets better, don't worry about what people say now. You are beautiful and the best is yet to come. Everyone has such a bright future. No one should ever put anyone down based on his or her looks because the fact is, they are the ones who will do great things. It does get better.

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The artist would like to note that she does, in fact, know the actual meaning of celibacy. This does not mean that amphibians do.
Jo Severson

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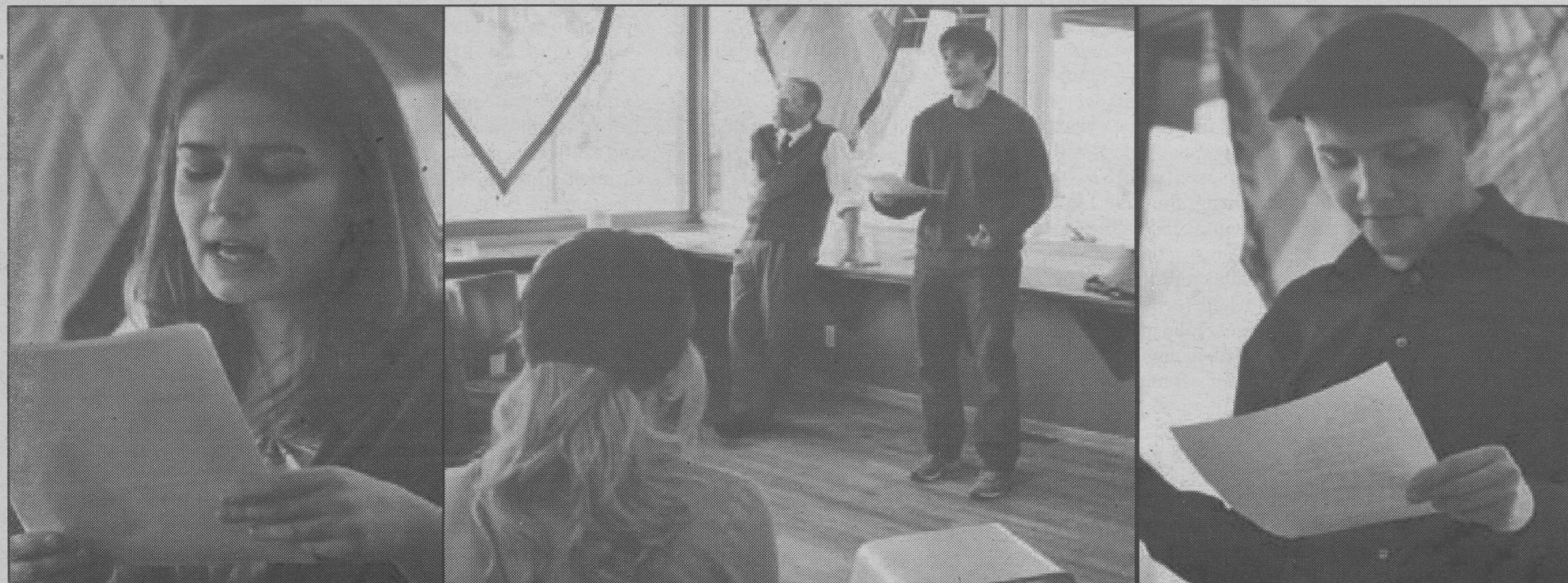
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WSU and SMU host fifth joint poetry reading



Sydney Swanson and Joah Lee/Winonan

Students from Winona State University and Saint Mary's University read poetry aloud at the fifth "Confluence of Voices" at Mugby Junction.

Courtney Kowalke Winonan

Poets from Winona State University and St. Mary's University met Friday evening for the schools' fifth joint poetry reading.

Dubbed "A Confluence of Voices," the open microphone event was held at the Mugby Junction on Huff Street and was free and open to the public. Nearly 30 students and community members attended. Participants were encouraged to share new creative works, though some recited previously-published material from authors such as Neil Gaiman and William Butler Yeats.

As per tradition, the reading was co-hosted by James Armstrong and Ken McCullough. Armstrong — a former poet laureate of Winona -- is an English professor at Winona State, while McCullough teaches at St. Mary's and is the community's current poet laureate.

The universities collaborated to make the event more inclusive and to attract attention from a wider percent of the community. The readings have become an annual event due to past popularity, both with the community with the writing students from both schools.

The fifth "Confluence" featured 25 readings from 17 poets or fans of poetry. Armstrong kicked off the evening with his piece "Apocalypse." According to Armstrong, "There's something about winter that makes me feel like the end is nigh, so this [poem] seemed fitting."

McCullough also contributed with his poems "Sibling" — which focused on coveting his older brother's car while growing up — and "In Those Days."

"We have among the older citizens in the community a poetry group that meets to do recitations, and at the last meeting we got talking

about the show 'Mad Men,'" McCullough said regarding what inspired the latter piece.

Many of the evening's original pieces showcased students' maturity and dedication to the craft. One of the deeper themes explored was the issue of identity. Matt Kollmer of Winona State addressed the issue in his recent work, "At 22, I Respond to James Wright." In reference to Wright's poem "Lying in a Hammock at William Duffy's Farm in Pine Island," which ends with the line "I have wasted my life," Kollmer ended his piece with the equally reflective "I don't know what I'm doing with my life."

Similarly, St. Mary's senior Ben Scott's poem "Eastman" was based on his reaction to the suicide note of Eastman Kodak Company founder George Eastman, which read simply, "My work is done. Why wait?" His is unique because, in Scott's words, "I'm 21 and I

haven't done that much with my life, especially compared to founding a multimillion-dollar company." Scott's other creative works fixated on the temporality of life and how fleeting it is in nature.

The evening also touched on lighter issues, including popular culture. Winona State student Trevor Meyer's work "Collector" focused on a narrator intent on buying a bookstore out of its comics and pondering the nature of a friendship between a man wearing a Batman T-shirt and another wearing a Joker T-shirt.

Additionally, Patrick Sauers of Winona State read two pieces written right before the event, encapsulating the era of immediacy. The latter piece especially focused on today's technology, with the use of Facebook playing a major role in editing a poem as if editing a profile.

St. Mary's senior Andrew Jambura also provide a pastiche of pop culture

references, chronicling past holidays with "I am your mistrust in Santa Claus / I am your Halloween" in his "version of an autobiography." Jambura also reflected on his life in "Self-Portrait at 21," a poem -- though laden with subtle references to the "Star Wars" trilogy among other '80s movies — ultimately focused on his fleeting memories of "feeling like when I was 9." On Jambura's versatility in tone and technique, McCullough quipped, "Andrew is equivalent to 18 regular poets."

Armstrong closed the reading with a recitation of American poet William Stafford's "Stories from Kansas," which speaks figuratively of the human ego as tufts of grass -- "Little bunches of / grass pretend they are bushes / that will never bow. / They bow..."

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Blooming Grounds continues to bring in hungry college students

Samantha Luhmann
Winonan

The doors at Blooming Grounds continually swing open and closed as I sit nestled in a booth sipping my cafe mocha.

With my notebook strewn across the table, my laptop gets a beating as I work on my heap of homework. Getting away from the campus environment is sometimes just the thing I need in order to get anything done.

While there are many different possible study environments around town to choose from, what I like the most about Blooming Grounds is its chaotic yet relaxing environment. With the background noise of the milk steamers and coffee grinders running, people chatting about their days and the Beatles playing from the stereo's speakers, the pressure of deadlines seem to melt away and I suddenly feel as though I can manage everything on my schedule.

But all homework aside, Blooming Grounds isn't only ideal for being productive.

As it is without question one of my favorite places to get work done, if you're looking for a delicious and affordable place to dine, this cafe should be at the top of your list.

Serving an abundance of different teas and coffees, Blooming Grounds also offers many lunch and breakfast options to choose from, and with their vast supply of baked goods, sweets and homemade gelatos that are next to impossible to resist, you are sure find something that'll keep you coming back for more.

A unique quality about Blooming Grounds is the breakfast burritos they offer to complement your morning coffee. Instead of just a typical muffin or scone (which are also available and fantastic, by the way), these burritos are filled with eggs, cheddar cheese, onions and green peppers in a flour tortilla and served with a side of salsa, making for a delectable breakfast.

Newer to the menu are Blooming Grounds' homemade ten-inch pizzas.

Ranging from around \$7 to \$9, not only are they easy on your wallet, but very filling and fresh. In most cases, you'll have plenty of leftovers to bring home for later, too. Another perk—you can bring them home to bake yourself. And believe me, they're much better than a Tony's frozen pizza.

If you're a vegetarian like myself, you'll go nuts by the fact that everything at Blooming Grounds can be customized however you choose. While it's hard enough moving away for college and trying to figure out how to live independently, it can sometime be even harder finding foods that fit your individual lifestyle. The fact that any meal can be made without meat is incredible because it transforms the menu into endless possibilities.

But what's even better is the fact that the customizations usually aren't even necessary. Blooming Grounds offers a wide variety of meatless versions to choose from including wraps, Paninis, salads, soups, breakfast

burritos and pizzas. It doesn't get much better than that.

As a creature of habit, every time I stop in I order the half Panini and soup combo: For a mere \$6.95, you get a delicious half Panini of your choice, a side of crunchy fresh kettle chips and a generous portion of soup with a side of bread. There are always fantastic options for soups and the Paninis are crispy, warm and fresh every time. After indulging in this, believe me, you won't leave hungry.

The best part about Blooming Grounds is that nearly everything is healthy. As college students, we are constantly resorting to cheap, processed frozen dinners, convenient fast foods and ramen noodles to get us by. It only takes so long before we're craving nutritious and pure foods.

Everything prepared from Blooming Grounds is made fresh to order, includes raw vegetables and quality meats and always offers a "mix and match" option, allowing you to customize your meals however you choose. And

guess what? All orders can be called ahead of time and made to pick up for a quick and fix. They even deliver. It's just too bad they're not open until 3 a.m.

Available for business Monday through Friday from 7 a.m. to 7 p.m., Saturday from 7 a.m. to 5 p.m. and Sunday from 9 a.m. to 4 p.m., Blooming Grounds is great for breakfast, lunch and any excuse for a snack in between. They're happy to do deliveries weekdays between 10 a.m. and 2 p.m., but if you'd rather take advantage of the welcoming atmosphere, the cafe is conveniently located in downtown Winona on the corner of 50 E. Third St. But be fairly warned—once you stop in, it'll be hard to walk away.

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"Minnesota Nice" seems to be a real Minnesotan trait

Rachel Underbakke
Winonan

A good morning wave and a friendly smile. The well-known head nod from the gentleman driving the tractor. A mother with a baby on her hip manages to wave and then teaches her child to do the same. These are the sights that I see every weekend back home. I do not even know half these people they just wave, they just smile, they're just being Minnesotan.

Something about the land of more than ten thousand lakes secretes a certain trait that is ingested through the water, well that is the scientific explanation. This certain "Minnesota Nice" was brought to my attention near the end of my high school career, popping up in the news and in the classroom. Minnesota is just the place to start your family because of the nice communities and the nice school and most important the nice commutes

to work (please take note of the overuse of the word "nice").

Senior year, my group of friends went to Chicago for our first big trip away from home with no adult supervision. The only adult supervision that would be on this trip would be the eyes of my older brother who, how to describe him, loves being the guy to corrupt his younger sister. So imagine this, four 18-year-old girls traveling via city bus with duffel bags full of clothes through the streets of Chicago and at every stop saying thank you to the bus drivers. The looks we got from the drivers were looks of perplexity. After the first three stops with my brother he began to laugh. Now I am all for a good chuckle but I saw nothing about our current situation to be humor worthy. I asked straight up, "Jimmy, now what is so funny?"

He simply looked at the four of us with our duffels and winter jackets on the

protect from the winds of the Windy City and said, "I have never heard so many 'thank you's' in a ten minute span."

My thought tract was simple, "Well, duh, why wouldn't we have said thank you? We were raised that way." Jimmy then went on to explain that the city life of Chicago can turn a person into a bitter being and, yep I knew this was coming, the "Minnesota Nice" trait that was in all of us shone through.

The connections with Minnesota Nice calmed down for the next couple months until most recently when I went on a trip to Milwaukee. I was waiting for my bus in the lobby of the local Perkins, sitting by myself and silently freaking out about the fact that my bus was 20 minutes late when all of a sudden this lady comes from the hotel adjacent to the Perkins lobby with a plastic bag in hand, hair wet from a morning shower and fuzzy slipper flip flops on her feet.

With the plastic bag in her hand she continued to fill it with the little pink Splenda packets the hotel offered. She started up the conversation. "Where are you heading to?"

"Milwaukee, juts visiting a friend at college."

"Where's Milwaukee?"

Now this is when I could tell she was not from around here. That and her thick non-Minnesotan accent.

"Milwaukee is right over in Wisconsin," I said with a smile.

"Good thing you're taking the bus, I took the train out here, never doing that again. I have my man out this way. It sure is different from New York, that's where I'm from."

Ah-hah! I thought, called it! She continued to talk about her life and the fact that she will be moving out this way to be with her "man". She then talked about the calmness of Minnesota and how everyone out this way is not in a hurry, always taking their time, always smiling and waving.

Here's where I shot the perfect tourist guide smile and replied, "It's the Minnesota Nice!"

Her eyes grew large and she said, "Minnesota Nice, haha, that's what my man said it was. Yeah, I like that, Minnesota Nice."

Well, needless to say I convinced an individual to move to our lovely state.

Minnesota has courteous individuals who smile nearly 24/7 and are always willing to give the correct directions. Minnesota is the land for smiles and head nods. And a lot of lakes.

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Top 10 food joints that should be in Winona by: Kortney Spaeth

10. **Sonic:** Although Winona has the drive-in atmosphere with A&W, better food is needed.
9. **Panda Express:** Two words- orange chicken.
8. **Noodles and Company:** One would think with the state being so close, Winona would have a restaurant with a dish called "Wisconsin Mac and Cheese."
7. **Papa John's:** Papa's not in the house, and he needs to be.
6. **Five Guys:** Since In-N-Out Burgers do not venture this far East, Five Guys is the next best burger place to have in a town.
5. **Olive Garden:** Winona welcomes any restaurant that offers unlimited soup, salad and breadsticks for lunch.
4. **The Cheesecake Factory:** Unless you are craving donuts, Winona does not have this type of dessert restaurant.
3. **Buffalo Wild Wings:** This may be big competition for the small-town pubs, but it would be nice to have another place that is all ages so students can go watch sports games together.
2. **Applebee's:** HALF PRICE APPS.
1. **Chipotle:** The Facebook petition from two years ago said that Winona's population is the reason there is not a Chipotle in town. This should not stop this from happening. Let's all get together and write letters to the Chipotle team. Are you in?

Have a suggestion for a Top 10? Send your suggestions to Kortney Spaeth at kspaeth08@winona.edu or @kortneyspaeth on Twitter.

Florence + The Machine evokes timeless emotion with new album



Brad Farrell/Winonan



Brad Farrell/Winonan

Florence + The Machine stopped by the Minnesota Zoo this past June for a sound check and concert for their Minnesota fans.

Sarah Christiaansen Winonan

From her fiery red hair, to her elegant style of dress, to her remarkable set of lungs, Florence Welch, of Florence + The Machine, is timeless. Her first album, "Lungs," not only had numerous singles and the ever-popular radio hit "Dog Days," but also got her nominated for Best New Artist at the last Grammy Awards.

Her sophomore album, "Ceremonials" dropped on Nov. 1 and has been gracing the ears of fans ever since. The album seduces the senses with strings, piano, background chorus and, of course, Welch's ever-powerful voice. After listening to this album repeatedly, it is apparent that there is a darker feel to the narratives, but still relatable.

Likely to be her first single, "Shake It Out," seems to be about moving on from some

struggle in life. Starting with an eerie, almost haunting organ, the song gets more upbeat as Welch sings "It's always darkest before dawn." This could be to indicate that in life everyone goes through dark points, but there can be a new light found at the end.

"It's hard to dance with a devil on your back/So shake it out." These lyrics are belted out, possibly meaning to shake away problems and not let them build up, even if the devil does do a good tango.

A common connection between some of the songs on this album is water. The song "What The Water Gave Me" is about great bodies of water and just might be the most profound and well-thought-out song on the album.

In an interview, Welch said, "It's a song for the water, because in music and art, what I'm really interested in are the things

that are overwhelming. The ocean seems to be nature's great overwheeler. When I was writing this song I was thinking a lot about all those people who've lost their lives in vain attempts to save their loved ones from drowning."

This song also has some other literary elements. English author, Virginia Woolf, in her depression, put on her cloak, filled the pockets with stones and drowned herself in a river near her home. The lyrics "Pockets full of stones/Lay me down/Let the only sound/Be the overflow," allude to this.

Along with this, the title "What The Water Gave Me" comes from a painting by Frida Kahlo. It is a beautiful, yet confusing painting, much like the song.

Another lyric that alludes to a story is "And oh, poor Atlas/The world's a beast of a burden/You've been holding on a long time."

These lines refer to Atlas, the man who held the world on his shoulders in Greek mythology.

The song "Never Let Me Go" also introduces an element of water. "And the arms of the ocean are carrying me/And all this devotion was rushing out of me/And the crashes are heaven for a sinner like me/But the arms of the ocean delivered me."

I think this song is about surrender. Not necessarily giving up, but giving in. She is giving into the arms of the ocean just like she might be giving in to someone that she has been reluctant to trust.

My favorite song on the album is "No Light, No Light." The lyrics could fit just about anyone. "You are the hole in my head/You are the space in my bed/You are the silence in between/What I thought and what I said." This song is about loving someone, but still

feeling a void, I think, as the lyrics indicate as each line is something that leaves emptiness.

As a whole, this album is wonderful. Since I first heard "Dog Days" on a mix CD that some stupid boy made for me, I have been in love with Florence + The Machine. Florence Welch is wise beyond her years and "Ceremonials" shows it through its mature lyrics and themes and references to other literary masterpieces. Do I hear Grammy buzz? I sure hope so.

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Justin Timberlake fails to keep attention in "In Time"

Rachel Underbakke
Winonan

What could be better than a movie with Justin Timberlake, Amanda Seyfried and Olivia Wilde? Well, in this case, a lot of things. In Time has a great cast, but the compliments stop there.

In a future where people stop aging at 25, but are engineered to live only one more year, time is the currency and you live as long as you have enough time. Will Salas (Justin) plays a poor man living in the ghettos with his mother (Olivia). He works hard, yet is always struggling to make ends meet. After protecting a man that has hundreds of years to his name, Will finds himself falsely accused of murder and suddenly a very rich man with all the time in the world.

Once Will realizes he has hundreds of years to live, he begins jumping time zones to

see how the rich people live. Will finds himself in a poker game with one of the richest men in the world. After befriending him and his daughter Sylvia (Amanda), Will finds himself running from the cops and takes Sylvia hostage.

While I really like the idea of time being used as currency and appreciating the time that you have, it was too simple. The plot just didn't feel thought out enough and like they took the easy route.

I also wasn't a fan of the acting. While I love Amanda Seyfried and I actually thought she was really good in this movie and Olivia Wilde was good, for the very small amount of time she was in the movie, it was Justin Timberlake that was really lacking in my opinion. He was awkward and was trying way too hard to be serious and slick. The role he played reminded me of one that Leonardo Dicaprio usually

plays or Matt Damon.

The movie had a lot of different messages throughout it such as, appreciate the time that you have, don't be greedy, help those around you, money (in this case time) doesn't bring you happiness. This film also shows how different classes of people view each other, the rich as mean and snotty and the poor as thieves who will steal from anyone. I think the messages in this movie were good, it almost seemed like the writers had a checklist of what needed to be in this movie. The checklist included a love scene, a car chase, a gunfight, a rooftop chase scene, and a whole lot of really bad one-liners.

Now this movie wasn't all bad, it definitely kept my attention and I wouldn't say necessarily the actors are faulted for how I felt about the movie, but I think it was moreso the plot. I love everything Amanda does and

I thought Justin was great in The Social Network; this role jut didn't fit him very well.

One thing I did find interesting though was the timing of this movie. A main theme in the movie is how unfair society is for the poor and the advantages the rich have. The movie shows the poor as constantly struggling and working hard to make a living, while the rich are handed everything, don't have to work and take everything from the poor to benefit themselves. This movie comes out while people are marching on Wall Street and protesting about the same issue all around the United States, funny how that happens.

I would say if this movie interests you then definitely go see it and form your own opinion on it. I personally wasn't extremely excited by the film, but I also didn't hate it. It was exactly what I expected and followed the

exact plot I expected to see in this movie, which for me was the problem.

I would give this movie a C-, mainly for the plot and how the movie was written, I would give the acting a B+. Justin, stick to comedy. It fits you better.

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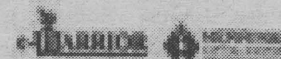


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August Burns Red stays true to original roots in new album

Matt Shalbrack
Winonan

"The victim in me is dead. I am reborn. So even though you call me self-righteous and call my beloved treacherous, there is one thing to take away. Leveler, make level the road for the righteous. I forgive you, queen of hearts, for through me, He will show you true love," screams lead vocalist Jake Luhrs of the band August Burns Red in the title track of their new album entitled "Leveler."

This album, the band's fourth and most recent to date, features 12 in-your-face songs with a running time of 48:04.w

August Burns Red, formed in 2003 in Manheim, Penn., is classified under the "metalcore" genre, which combines various parts of heavy metal and punk rock into one distinct sound featuring fast drum beats, intense guitar riffs and various breakdowns that allow for moshing.

What defines August Burns Red even more is the fact that they are a Christian band even though some of their songs feature inaudible high and low, guttural screams.

In an interview with Wise Man Promotions, guitarist Brent Rambler stated, "It is important to us that people know that we are indeed Christians, which is one of the reasons we pray on stage before we play, usually. We do this because we think it lets people know that we are all Christians, without having us stand up there and ram it down peoples throats. As far as our lyrics go, many of them deal with other things in life, because even though we are Christians, we still deal with the everyday things that everyone else does."

"Leveler" sold roughly 29,000 copies in the first

week it was released which helped it become the No. 11 selling album on the Billboard 200 chart.

Breakdowns have always been an essential part of August Burns Red's repertoire, and believe me, there are plenty of great breakdowns on this album as well.

The album starts out with a powerful track entitled "Empire" which features both high and low screams from Luhrs, along with a choir-like chant, and then it goes directly into a guitar solo before the rapid double-bass kicks from drummer Matt Greiner enter to end the song.

Next up on the album is a song entitled "Internal Cannon" and it's unlike any of the previous material that August Burns Red has ever written.

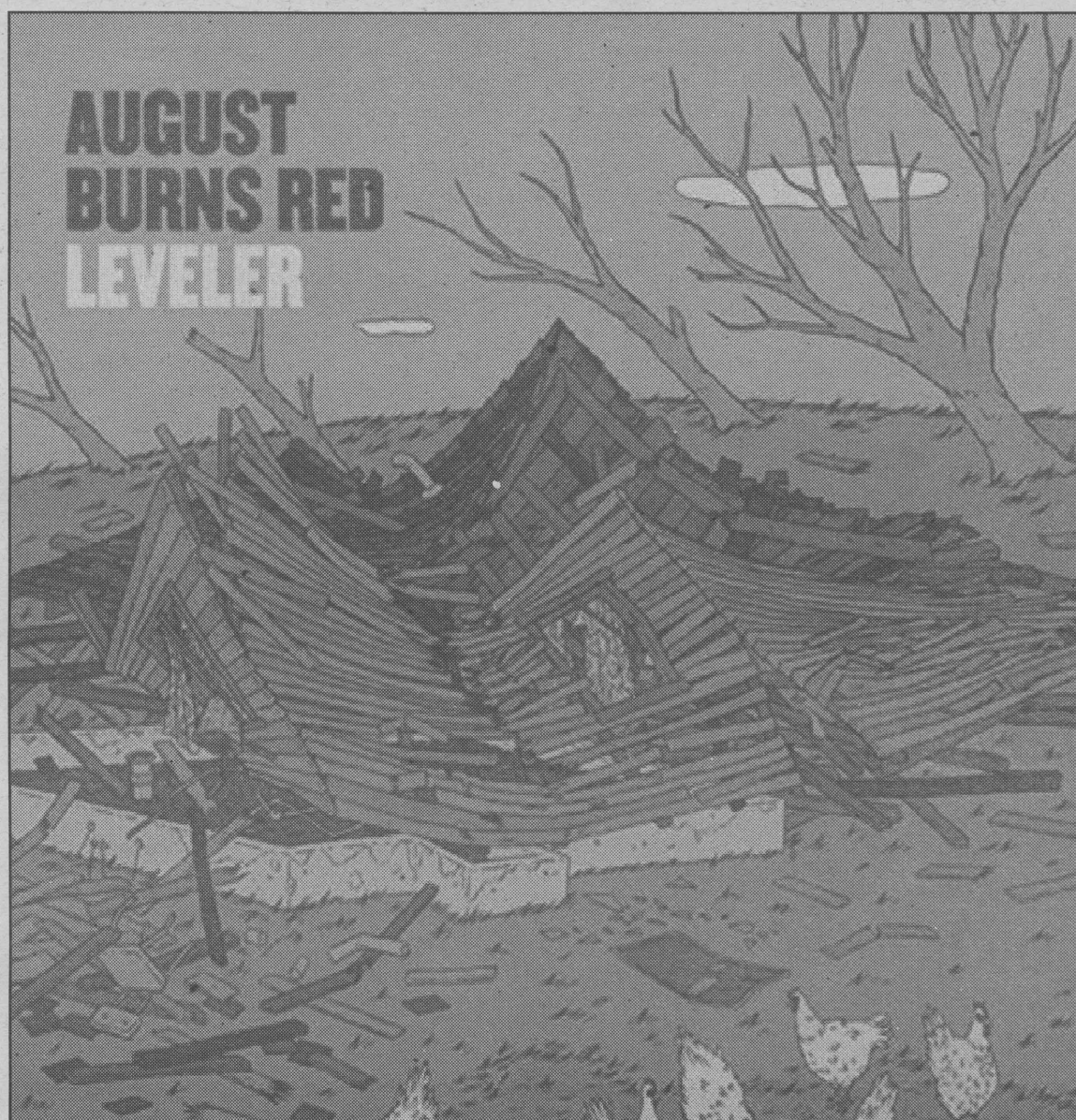
It starts out very fast, goes into a breakdown, gets fast again, and then throws a curveball to the listener in the sound of a salsa-flavored pre-chorus leading into some heavier guitar riffs before the Latin guitar is broken out again once more before the end of the song.

As the album continues, it features more fast paced guitar solos, technical drumming that August Burns Red fans have come to know and love, and a wide range of high and low screams.

The ninth song on the album, entitled "Poor Millionaire" is my favorite track behind "Divisions", both lyrically and musically, and is an all-out assault on your ears.

It starts out with Greiner's technical drums thundering and then guitar feedback that August Burns Red is known for chimes in followed by the piercing vocals by Luhrs.

About halfway through, it slows down and goes into



a mid-song guitar solo and accompanying breakdown as Greiner pumps the double bass pedal.

All of a sudden, the drums build up and go into an out of nowhere breakdown until the song ends as Luhrs growls "Coward, coward, where is the life in the life you lead?"

Lyrically, "Leveler" is another masterpiece that doesn't just focus on the bands' Christian values but touching upon personal matters and conflicts. The lyrics are not only powerful, but also very dark at times, such as in "Poor Millionaire," "Your crown is like a lion's mouth devouring you from the inside out. Turn away

before there's nothing left. It's life or death."

Personally, my favorite lyric of the album is the opening line from the track "Boys of Fall" as Luhrs screams, "Where do we go to escape the end of the world?"

Every song on the album has such a deep meaning that makes you think so much about the world and about yourself as a person in the world.

August Burns Red is one of the best bands in the genre, constantly pushing themselves to advance their distinct sound, but at the same time staying true to their original roots.

recordrevolution.com

The 12 tracks on this album will not only be enjoyable to old fans, but will be different enough to lure in new fans at the same time.

If you can get past the screaming factor and get past the intense "in your face" sound Red is known for, I'd definitely give this album a listen.

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Warrior soccer lose a tough game, 1-0, against Upper Iowa

Alyssa Griffith
Winonan

Winona State University took a tough 1-0 loss against Upper Iowa in the first round of the Northern Sun Intercollegiate Conference Tournament Wednesday night in Winona.

Having played and defeated Upper Iowa in a regular season game in September, the Warriors knew it would be a tough game, but did not change their approach.

"We came into both this game and the one earlier this season with the same mentality, but sometimes soccer is just as much about luck as it is about skill," Rebecca McCoy said.

The first half of the game was a battle for possession, as both teams remained scoreless, with only three shots for each side. Frustration was apparent on both sides, as nobody was able to connect.

The weather caused

frustration for the girls, as it caused less than ideal conditions for the field.

"I think that the main frustration in Wednesday's game was the slippery field," McCoy said. "The possession game was much harder to control under the weather conditions and we had some trouble connecting passes because of it. The biggest challenge for us was putting the ball in the back of the net. We had our chances and some great opportunities, but things just weren't falling our way."

Upper Iowa scored the first and final goal of the game with 15 minutes left in the second half of the game.

Despite a few opportunities for the Winona State offense, they weren't able to find the net.

"Throughout the first half we struggled with holding the ball long enough and getting the ball to people's feet. It was a wet surface and it is

essential to do those things well," Morgan LeFebvre said. "I think any player would say their frustration was not being able to score. We had our opportunities, myself included, and we could not seem to find the back of the net."

"We came into both this game and the one earlier this season with the same mentality, but sometimes soccer is just as much about luck as it is about skill."

Rebecca McCoy
Defender

McCoy, Jordyn Stregre, Katy Soliday and Jennifer DeRoos were all credited with a shot on goal during the game, while sophomore LeFebvre had three shots on goal.

"We knew there was more on the line and we needed to win to move on in the tournament," said LeFebvre. "Sometimes

things do not fall our way, but we have to learn from the game and move forward."

Thursday, it was announced that Coach Ali Omar has been named NSIC Coach of the Year. This marks his fourth honor for Conference Coach of the Year, as he was also given the award in 2004, 2006, and 2008.

Omar has 17 seasons with the Warriors under his belt and has recorded a 241-79-20 record, with 11 NSIC titles.

Seven Winona State players have earned All-Conference honors. Among those named to the All-NSIC first team were Anna Belpedio, Melissa Sellier and Soliday. Warrior defender Jena McDermott received a second team honor. LeFebvre and Sarah Collieran were both selected to the third team, and McCoy was given honorable mention status.

"With Anna and Melissa being repeat first team all conference, they accomplished

it once and performed well again to be recognized," said Omar. "We're very excited about having Soliday, a newcomer, into that whole conference. She's been a good player for us the last couple years and finally got her due."

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Eight-time defending conference champions sit at home for yet another NCAA Tournament

Matt Shalbrack
Winonan

After a season where the Winona State University women's soccer team went 14-4-1 overall and 12-1 overall in the Northern Sun Intercollegiate Conference and won their eighth straight conference title, you'd think that the team would be playing in the NCAA Division II Women's Soccer Championship Tournament beginning Nov. 11, right?

Wrong.

The four teams that made it into the tournament from the Central Region are Metro State University with an overall record of 11-6-1, Minnesota State University-Mankato with an overall record of 16-2-3, Regis (Colo.) with an overall record of 14-5 and Colorado Mesa with an overall record of 10-7-4.

So why aren't the Warriors playing in the tournament?

There is some dispute as to if Shane Drahota, the conference representative and chair of the NCAA Central Region Committee, misinterpreted the selection criteria.

"I believe Shane Drahota owes us an explanation, but I promise you will get nothing but lies from him. He made a major error and he is not willing to be a man and fix it," Head Coach Ali Omar said. "Some other team with 10-7-4 record is in our place."

En route to the 14-4-1 overall record this season, the Warriors squared off against the reigning Division II Champion, Grand Valley State, battling all the way until the end of double overtime to tie, 1-1.

Grand Valley State went 18-0-2 this year and has a first round bye in the Midwest Region of the NCAA Division II Tournament.

The Warriors, led by goalkeeper Anna Belpedio,

went eight straight conference games without giving up a single goal and shut out conference opponents 10 times in 12 games.

This is not the first time that the Warriors have won the conference title and not made it into the NCAA Tournament.

In 2005, after losing the first game of the season on the road and finishing 19-1-3 overall that season, the Warriors missed the NCAA Tournament, and it happened again in 2009 after finishing 17-5 overall and winning the conference title.

After both 2005 and 2009, no persons associated with the conference made an attempt to investigate the reason why the team was left out of the NCAA Tournament.

The news that this year's team didn't make the NCAA Tournament again hasn't sat very well with players or coaches, but the senior players are especially disappointed.

"I'm more disappointed than upset because I have played here for four years and this isn't the first time our season ended prematurely. We did everything that we could where we even won the conference and it obviously doesn't even matter," Belpedio said. "I just wish they didn't have to strip me early of my senior year."

Not only does the team being left out of the NCAA Tournament end the senior's college careers, it also does not allow the younger players to gain vital experience that comes with performing in high-pressure situations such as a national championship game where everything is on the line.

Sophomore defender Rebecca McCoy added that the most frustrating part about being left out of the tournament was good enough to go far in the tournament, but because of one decision, their entire season was put to waste.

Now, all the team can do is wonder what could have happened if they would have made the tournament and kept their great season alive.

"We are absolutely convinced that the NSIC does not care to have soccer for a sport other than for having numbers to fill on Title IX requirement. I promise if this kind of thing happens in Basketball, heads would roll," Omar said. "The NSIC is a second class conference when it comes to the sport of Soccer and until they decide to treat it like the rest of the sports, we will still be in this situation."

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Warriors come back to win on final drive against Mary, 46-43

Matt Shalbrack
Winonan

It was a nail-bitter of a game that kept fans on the edge of their seats, but the Winona State University football team won a close one against the University of Mary, 46-43.

The Warriors, on their last possession of the game, scored the game-winning touchdown with 51 seconds left on a 14-yard pass from Alex Nelson to Sean Hertz.

After the opening kickoff, the Warriors' defense came up big as Chris Norgaard intercepted a pass and returned it 26 yards setting the offense up with great field position.

Three plays later, the Warriors were in the end zone as running back Rayon Simmons scored from one-yard out, making the score 7-0.

A fumble recovery for the Warriors gave them the ball back again leading to another Simmons one-yard touchdown run that was set up by a 42-yard completion by Nelson to wide receiver Tyler Speer.

After the University of Mary scored, the Warriors' defense made another big play as Ryan Williams sacked the quarterback for a safety, making the score 16-7 until about halfway through the second quarter.

Up by two, Nelson completed a 10-yard pass to Hertz for the touchdown setup by a 36-yard Simmons' rush earlier in the drive.

The score at halftime was 23-14, but the University of Mary scored two more touchdowns before the Warriors got on the board halfway through the third quarter during a 11 play, 75-yard drive capped off by a 26-yard run by Simmons making the score 29-28.

The University of Mary scored another touchdown and was successful on the two-point conversion, making the score 36-29, but the Warriors marched back down the field and scored on a 25-yard rush by Simmons making the score tied at 36 apiece.

Again, the Warrior defense came up big as Matt Ulrich

recovered a fumble that led to placekicker Thomas Kinney nailing a 44-yard field goal putting the Warriors up 39-36 with 6:45 left in the game.

The University of Mary countered the Warrior field goal with a touchdown of their own, putting them up 43-39.

This drive is when the Warriors' offense was clutch during the game as Nelson completed four passes 46 yards and Simmons rushed twice for 19 yards which completed the six play, 80-yard drive that put the Warriors up 46-43.

Rashad Gayden came up with a key sack on the University of Mary's final drive that helped keep them out of field goal range and get the Warriors' the win.

Head Coach Tom Sawyer was most proud of how the entire team battled throughout the duration of the game, especially after the long road trip to North Dakota.

Offensively for the Warriors, Nelson threw for 214 yards on 19 of 31 passing and had two touchdowns. Simmons

ran the ball 28 times for 203 yards and four touchdowns and Hertz had seven receptions for 77 yards and two touchdowns. Simmons was also named the Northern Sun Intercollegiate Conference Player of the Week for his performance.

Chichi Ojika carried the ball seven times for 55 yards and Curtis Dewberry carried the ball eight times for 22 yards.

Speer had one long reception for 42 yards and Tim Ohlrich had one reception for 21 yards.

Simmons also broke 1,000 yards rushing this season and is the third player in Winona State history to record 1,000 yards in consecutive seasons.

Defensively, Williams had 12 total tackles and a sack while Lucas Wolf had 10 total tackles and broke up two passes.

"The biggest play of the game was the third play of the two-minute drill when it was 3rd and 10 and senior wide receiver Tim Olrich had a diving catch out of bounds for the first down. His first catch of his career and the most

important of the game, it was a pretty special moment," said Hertz.

As a team, the Warriors had 500 yards of total offense with 214 yards coming through the air and 286 yards coming on the ground.

Overall this season, the Warriors are 6-4 and 6-3 overall in the Northern Sun Intercollegiate Conference.

Up next for the Warriors in their regular season finale will be Wayne State University. The game is scheduled to start at 1 p.m. in Wayne, Neb.

For more information about Warrior Athletics, please log on to www.warriorathletics.com

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Gudmundson to compete in NCAA Cross Country Championship Nov.19

Mitch Rudolph
Winonan

Both the men and women's cross country teams competed in the NCAA Central Regional Championship in Denver, Colo.

Seven individuals were selected from each team to compete in the race. The women's team raced seven and the men's team raced six.

The top five teams advanced to the Division Championships in Spokane, Wash., and the top two runners advance unless they are already on a competing team.

For the girls, Kayla Gudmundson placed 20th individually with a time of 24:12, which enables her to move on to the Division II

NCAA Championships.

She is the first girl since 1993 to be able to compete in this race.

"There was lots of team bonding, this is the farthest we've had to travel as a team," said Gudmundson.

She will be the only one from Winona State to move on to the Championships, which take place on Nov. 19.

Other standouts from the meet include junior Ali Anderson, who placed 30th overall with a time of 24:33.

Freshman Jordan Skelly and junior Ashton Lamp both finished in the top 75 individually.

Out of the seven girls sent, all placed in the top 90. The girls finished ninth overall as a team.

The men's team placed 14th with a team time of 3:07:15, 37:26.90, 2:20.

Individually, freshman Billy Eifert placed 72nd overall with a time of 36:23.

When asked what his favorite part of the race was, Eifert said, "Warming up before the race; the coaches gave a great speech." Eifert ran the fastest time for the Warriors.

Close behind was senior Bryan Lindquist, who placed 82nd with a time of 36:54.

Adams State College went on to win the meet with a total team time of 2:44:26, 32:53.18, 1:14.

The Warriors finished the year with many personal bests and beat Northern Sun Intercollegiate Conference

rival, Saint Cloud State University.

What is unique about the Denver course is that it is a 10K instead of the usual 8K for the men's; the women's was the typical 6K. The course featured some snow and was muddy at times, which challenged some of the runners. "Overall the weather was beautiful," said Gudmundson.

With the season ending, many of the runners reflect on their favorite parts of the season. "For me, my favorite memory would be when we broke the school record at Conference. This is the fastest women's team that's ever raced for Winona State University," Gudmundson said.

Both teams have trained long and hard, often running

more than 10 miles in some days.

"The program has really turned around, we've placed a lot better than we have in a long time. Hopefully we'll keep growing," Eifert said.

With the season ending, many of the athletes will go on to race in track and field. It has been a historic year for the Warriors' cross country, with many records broke, memories made, miles covered; there is no stopping to what they can achieve.

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Athlete of the Issue

Name: Melissa Sellier

Sport: Soccer

Position: Midfield/Forward

Number: 22

High School: Neenah High School

Hometown: Neenah, Wis.

Parents: Dave and Wendy

Why did you decide to play a sport outside of high school? I love the game and wanted to play as long as possible

Most challenging part of the game? The most challenging part is balancing school and soccer

Accomplishments as college athlete? Three-time All-Conference Selection, All-Region Selection

Hobbies: Spend time with family and friends, snowboard, and sleep

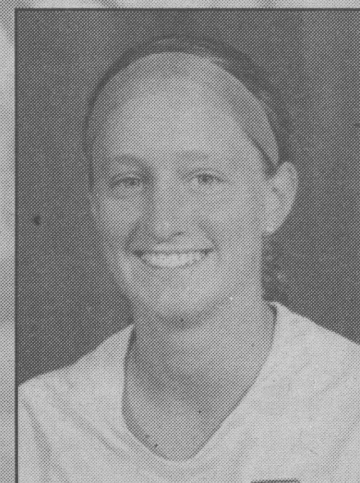
What do you do outside of school and sports: Clean up after my messy roommates. It's a full time job.

Something others may not know about you: I play the tuba and the piano.

Why did you choose Winona State University? I chose WSU because I was offered the opportunity to play soccer, I like the campus and community, it has my major, and it's the perfect distance from home.

Plans after graduation? Attend graduate school

If you could meet anyone (past or present) who would it be? Why? Jack Johnson. I'm arguably one of his biggest fans.



Interview By: Jarrod Tembreull/Winonan

Photos Contributed By: Andrew Nyhus/Winona Athletic Department

For Winona State Warrior scheduling information,
photographs, and statistics check out

www.winonastatewarriors.com

That No. 1 spot has my name on it in fantasy football this season

Matt Shalbrack
Winonan

Week Nine of the NFL season has officially come and gone, and the biggest surprise that I had from this week was how well Tim Tebow actually did.

As I said last week, I'm in no way, shape, or form a Tebow fan. I even went so far as to re-add Kyle Orton because I thought that Tebow was going to have yet another poor performance and get benched in favor of Orton.

But, just like waking up with a dollar under your pillow after the Tooth Fairy came, Tebow surprised us all.

Tebow completed 10 of 21 passes for 124 yards and two touchdowns while running the ball 12 times for 118 yards.

Not a bad day at all for Mr. Tebow, surprisingly.

This week's scoring leaders were an entirely different variety compared to last week with two quarterbacks, two wide receivers, and a running back in the top five of ESPN standard league scoring.

San Diego Chargers wide receiver Vincent Jackson led the way with 32 total points as he caught seven passes for 141 yards and three touchdowns against the Green Bay Packers defense.

Next, was Packers quarterback Aaron Rodgers, who completed 21 of 26 passes for 247 yards and threw four touchdowns. He also ran the ball eight times for 52 yards and had 30 total fantasy points.

A little note about Rodgers is that he is the No. 1 fantasy player this season mainly because he has scored at least 21 points in all eight of the Packer games so far.

Third on the list of fantasy studs this week is Willis McGahee, who last week missed the game because of a broken hand, but came back this week and scored 28 fantasy points on 20 rushes for 163 yards and two touchdowns.

Fourth place goes to rookie Atlanta Falcons wide receiver Julio Jones, who also scored 28 fantasy points his first week back from injury. Jones had been out of action since Oct. 9 because of a hamstring injury and caught three passes for 131 yards and two touchdowns and ran the ball twice for 33 yards.

Finally, Rodgers opponent in Sundays' game, San Diego Chargers quarterback Phillip Rivers comes in fifth place with 25 total fantasy points. Rivers completed 26 of 46 passes for 385 yards and four touchdowns, but threw three interceptions as well, putting

him at 14 total on the year.

The biggest injury in my mind that happened was to Dallas Cowboys' wide receiver Miles Austin, who injured his hamstring in the first half of Sundays' game and did not return at all in the second quarter. He was seen out of uniform in the second half of the game, which isn't a good sign.

Just in case Austin is out for a long period of time, a possible replacement pickup in Dallas for him would be wide receiver Laurent Robinson. Robinson caught a touchdown late in the game and it would be beneficial to your team if you need a replacement off the waiver wire.

As for me, if all goes according to plan tonight, I will go 6-0 again this week, putting me at 36-18 overall this season.

Not too shabby I might say

myself.

On a completely different note, Happy November 9.

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Warriors go 0-2 this weekend, now 13-15 overall this season

Jamie Babetch
Winonan

The Winona State University women's volleyball team went 0-2 this weekend against Wayne State University and Augustana.

Winona State took on No. 10 ranked Wayne State on Friday, but lost the match 0-3, losing the first game 25-19, losing the second game 25-23, and losing the third game 25-17.

"We just need to let that passion and hunger we had at the beginning of the season come through again. It takes one person to spark that and other people will grasp onto it," Shannon McGowan said.

Kathy Lohff led the Warriors

with 12 kills and Kate Horihan added nine kills and Uhlenhake dished out 31 assists.

The Warriors then took on Augustana, losing all the games again.

After a long first game, the Vikings came out on top with a score of 33-31. The Warriors then fell in games two and three 25-16 and 25-18.

McGowan is now number one in career digs at Winona State by adding 13 digs to her all-time record.

Horihan had 14 kills and Rachel Polland added 12 and Lohff added 11 and Uhlenhake had 37 assists.

"We all have been blessed with our skills in volleyball, at this point of the year I think we

just need to trust in our abilities and enjoy the time we have left," McGowan said.

Overall, Winona State is now 13-15 on the season and 7-11 in the Northern Sun Intercollegiate Conference.

The Warriors will host their last home games and regular season games this Friday against Crookston.

To find out more about the Winona State women's volleyball team and other Warrior athletics visit www.winonastatewarriors.com

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Jo Severson/Winonan

It's time! Warrior basketball season is upon us!



Madison Delamarter/Winonan



Contributed Photo